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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Wednesday, June 19, 2024

Balanced Chakras

According to a recent chakra reading all of my chakras are open.

This is how I keep them balanced. Sharing to help anyone that could use some ideas.

1. Root- Gardening, and Exercise.

2. Sacral- Listen to music, Let emotions flow through you, and Be creative.

3. Solar Plexus- Initiative, and Start projects.

4. Heart- Golden Rule actions, Empathy, and Kindness.

5. Throat- Express and communicate, and Daily Gratitude.

6. Third Eye- Meditate, and listen to intuition.

7. Crown- "I am a Spirit having a human experience," All is One, and One is All.

- June 19, 2024

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Light body
Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)
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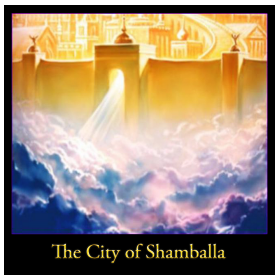

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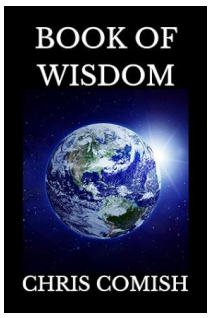

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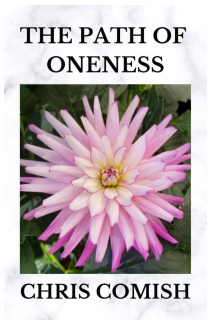

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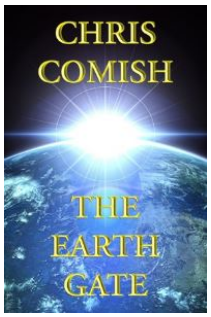

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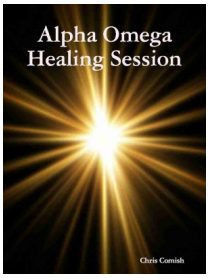

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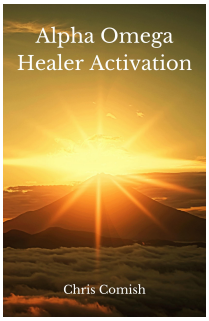

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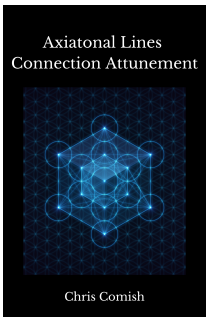

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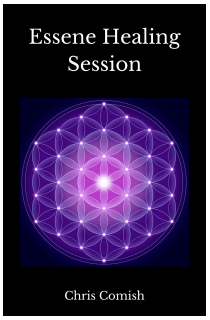

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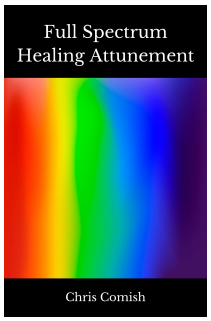

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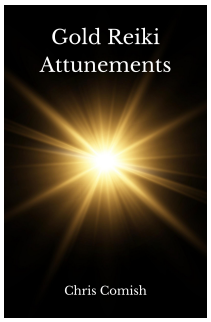

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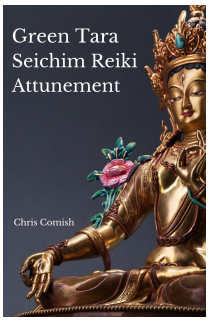

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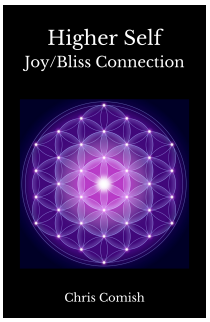

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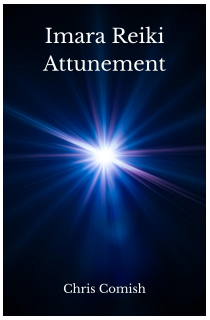

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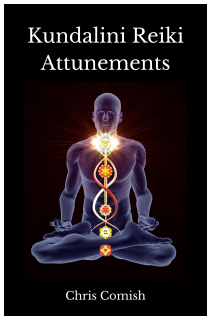

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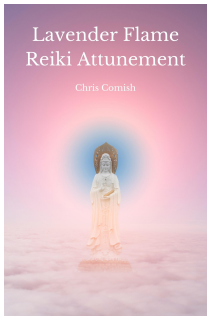

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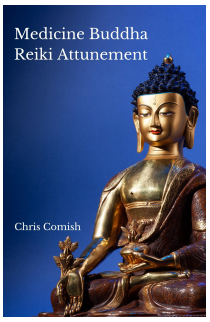

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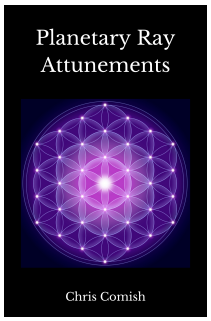

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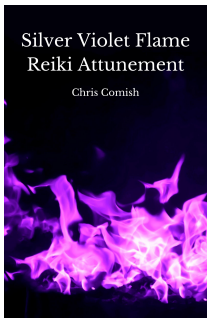

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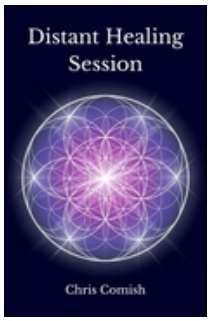

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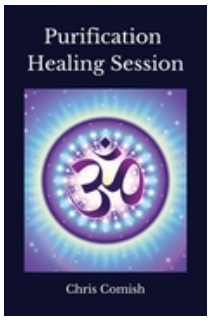

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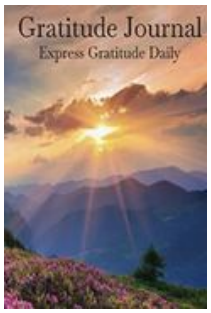

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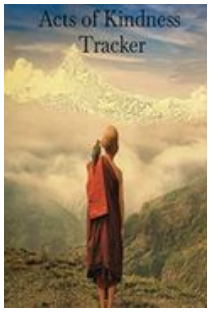

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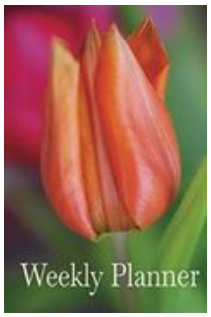

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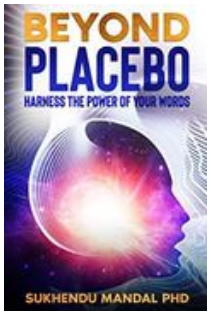

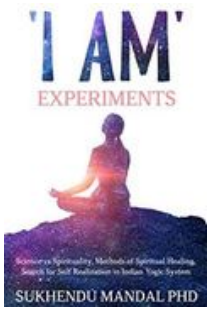

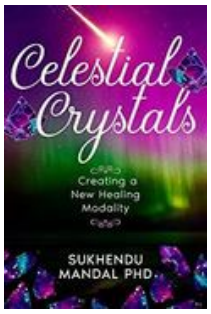

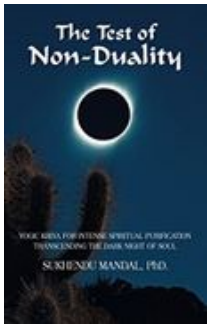

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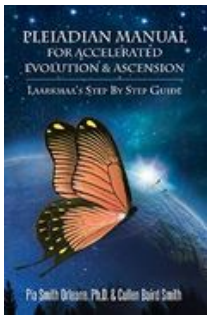

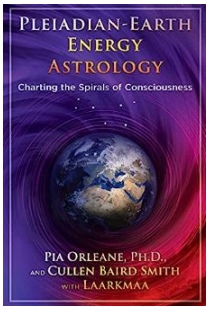
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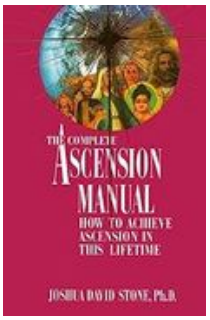
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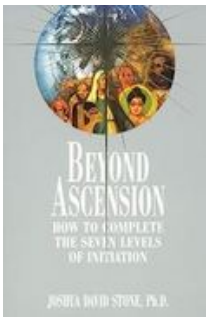
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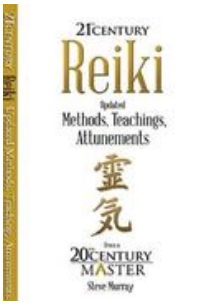
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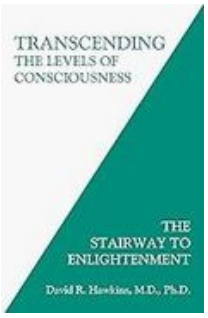
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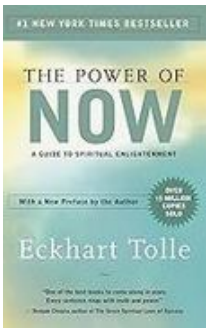
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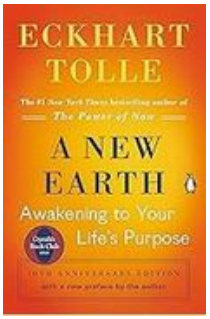
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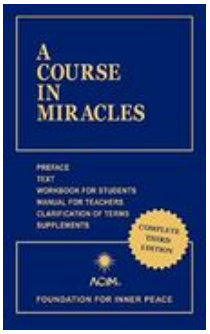
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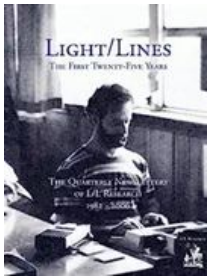
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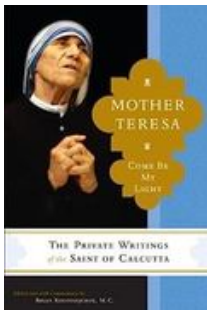
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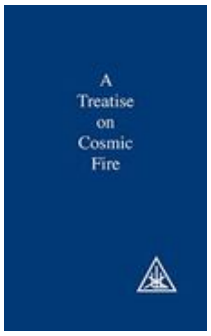
THE PRIVATE WRITINGS OF THE SAINT OF CALCUTTA

Initiation
Human and Solar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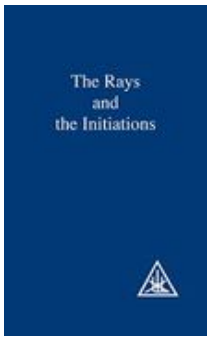
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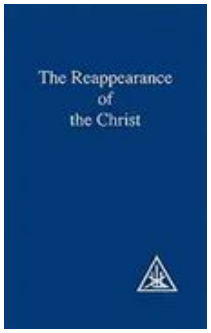
and
the Initiations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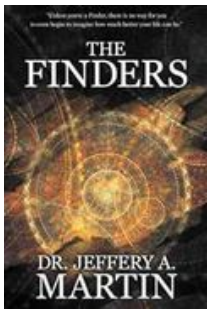
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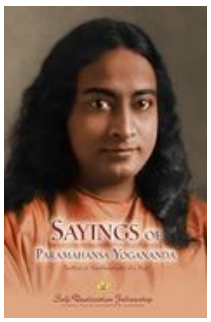
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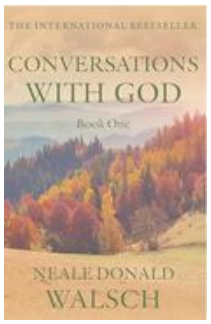
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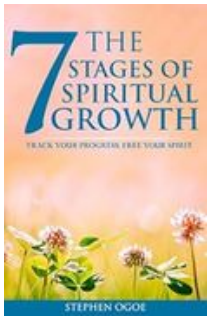
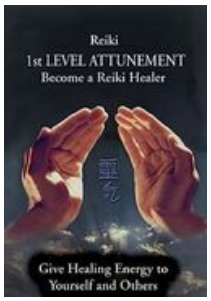
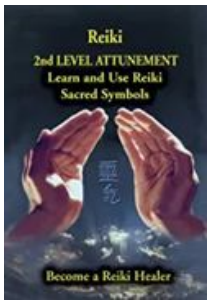
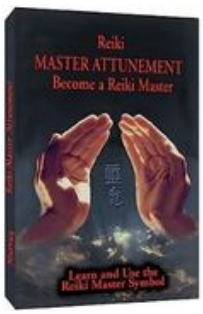
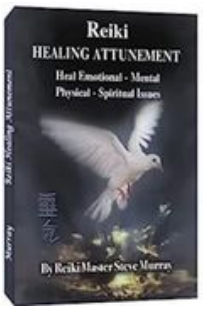


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- Solstice Transmission with Anrita Melchizedek
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Blog Archive

► 2026 (7)

► 2025 (312)

▼ 2024 (77)

► December (13)

► November (3)

► October (8)

► September (12)

► August (5)

► July (4)

▼ June (9)

Intention

Be Love

Heal from the Astral Plane

Healing all people on Earth

Distant Healing

Balanced Chakras

Wisdom from Bashar

Chakras and Frequencies

Initiations and Ascension

► May (6)

► April (5)

► March (1)

► February (2)

► January (9)

► 2023 (21)

► 2022 (15)

► 2021 (1)

► 2020 (1)

► 2018 (2)

► 2017 (2)

► 2016 (5)

► 2014 (1)

► 2013 (4)

► 2012 (18)

► 2011 (51)

► 2010 (19)

Labels

- 2012
- 2014
- 5D

- after life
- afterlife
- ageless wisdom
- alien
- aliens
- angels
- anger
- archangels
- ascended
- ascended masters
- ascension
- astral
- attunements
- audiobook
- black triangle
- buddha
- chakras
- challenges
- channeling
- CHI
- cho ku rei
- chris comish
- city of shamballa
- conscious
- contact
- convergence
- cosmic
- cosmic council
- creator
- criminals
- david wilcock
- divine
- earth
- ebook
- energy
- entities
- esoteric
- essene
- experience
- faith
- faith. Love
- forgiveness
- free will
- freedom from duality
- french toast
- full spectrum healing
- gate
- ghosts
- go daddy
- God
- golden age
- harmonic
- Harmonic Convergence
- healing
- heart
- higher self
- hitchhiker
- holidays
- Human Body Energy Centers
- illuminati
- invocation

- kwan yin
- lavender flame
- law of one
- lessons
- liberation
- life
- life review
- light
- link
- ll research
- logoic body
- love
- manifestation
- masters
- Mayan Prophecy
- meaning
- meditation
- member of the month
- members
- metaphysics
- movies
- Noah
- numbers
- nwo
- oneness
- Osama bin Laden
- polarity
- postage
- prayer
- protection
- purification
- purpose
- quan yin
- quotes
- reiki
- reiki attunement
- reiki key chain
- religion
- resentment
- satisfaction
- service
- session
- shamballa
- sirius
- soul
- space
- spacecraft
- spirit
- spirituality
- stamps
- teachings
- the city of shamballa
- time
- trees
- two thousand and twelve
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- vow
- winter solstice

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